

UNDERSTANDING *Diabetes*

Diabetes is a chronic condition characterized by high blood sugar levels due to either insufficient insulin production, ineffective use of insulin, or both. Understanding the different types of diabetes, recognizing symptoms, and knowing risk factors are crucial for early detection and effective management.

TYPES OF DIABETES:

Type 1 Diabetes

- Autoimmune disease where the body attacks insulin-producing beta cells in the pancreas.
- Typically diagnosed in childhood or adolescence but can occur at any age.
- Requires lifelong insulin therapy for blood sugar control.

Type 2 Diabetes

- Most common form, often associated with lifestyle factors such as obesity and physical inactivity.
- Develops when the body becomes resistant to insulin or doesn't produce enough insulin.
- Can be managed through lifestyle changes, medication, and sometimes insulin therapy.

Gestational Diabetes

- Occurs during pregnancy when hormone changes affect insulin sensitivity.
- Increases the risk of complications for both mother and baby.
- Usually resolves after childbirth but raises the risk of developing type 2 diabetes later in life.



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Risk Factors for Diabetes:

1. Family History: Having a parent or sibling with diabetes increases the risk.
2. Obesity: Excess body weight, especially around the waist, is a significant risk factor.
3. Sedentary Lifestyle: Lack of physical activity contributes to insulin resistance.
4. Age: Risk increases with age, particularly after 45.
5. Ethnicity: Certain ethnic groups, including African Americans, Hispanics, and Native Americans, are at higher risk.
6. Gestational Diabetes: A history of gestational diabetes raises the risk of type 2 diabetes later in life.
7. High Blood Pressure and High Cholesterol: Both conditions increase the risk of developing diabetes.

SYMPTOMS OF DIABETES

- Frequent urination
- Increased thirst
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow healing of wounds
- Tingling or numbness in hands or feet

Regular screening, healthy lifestyle choices, and proper management can help prevent complications and improve the quality of life for individuals living with diabetes.

If you experience symptoms or have risk factors, consult a healthcare professional for evaluation and personalized guidance.

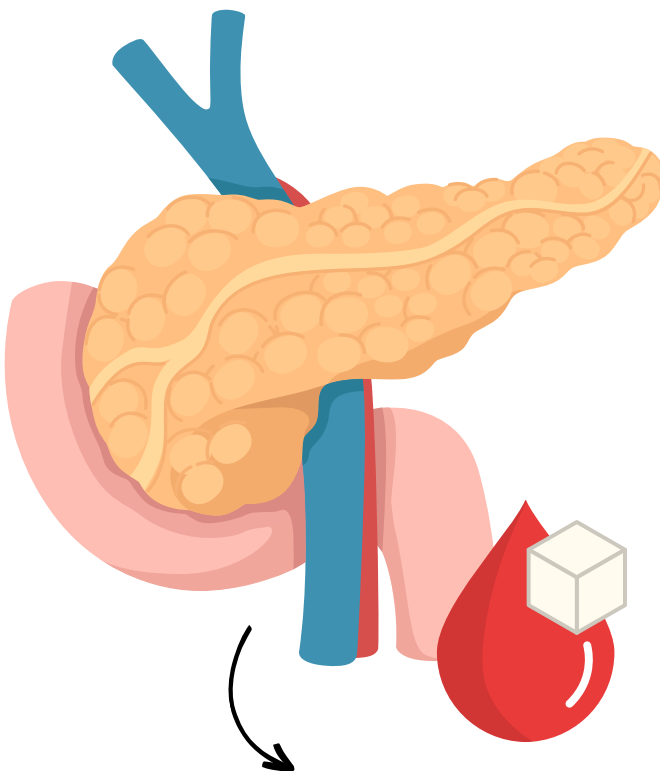




Type 2 Diabetes

WHAT IS TYPE 2 DIABETES

Type 2 diabetes is a metabolic condition characterized by the body's inability to properly regulate blood sugar levels. This is typically due to insulin resistance, where the body's cells don't respond effectively to insulin, or insufficient insulin production by the pancreas. Over time, this can lead to elevated blood sugar levels, potentially causing various health complications if left unmanaged.



Type II diabetes is characterized by impaired insulin secretion by beta cells in the pancreas, insulin resistance of cells throughout the body, and dysregulated glucose production in the liver: all of which cause blood sugar imbalances

HOW TO MANAGE YOUR METABOLIC HEALTH

REDUCE SUGAR AND SWEETENERS

The focus should be on minimizing added sugars and artificial sweeteners, as both can elicit a stressful insulin response.

MAINTAIN BLOOD SUGAR BALANCE

Promote insulin sensitivity through adequate sleep, minimal stress, and balanced meals containing healthy fats, protein, and fiber.

INCORPORATE GENTLE MOVEMENT

Engage in resistance exercises and yoga, which are practical methods for enhancing insulin sensitivity and reducing inflammation.

ADOPT A MEDITERRANEAN-STYLE DIET

Replace inflammatory foods with diverse, colorful, antioxidant-rich plant foods, herbs, spices, whole grains, legumes, nuts, seeds, olives (and olive oil), green tea, and fatty fish.

SUPPORT YOUR MICROBIOME

Boost the growth of beneficial butyrate-producing bacteria species by consuming fiber from various plant foods.

INCORPORATE INTERMITTENT FASTING

Intermittent fasting, under the guidance of a healthcare professional, can be a beneficial strategy for managing type 2 diabetes. This approach involves cycling between periods of eating and fasting, which can help regulate blood sugar levels, improve insulin sensitivity, and support metabolic health.



Type 1 Diabetes

WHAT IS TYPE 1 DIABETES

Type 1 diabetes is an autoimmune condition in which the body's immune system mistakenly attacks and destroys insulin-producing cells in the pancreas. As a result, the body is unable to produce insulin, a hormone necessary for regulating blood sugar levels. Individuals with type 1 diabetes require lifelong insulin therapy to manage their condition effectively.

SUPPORT METABOLIC HEALTH

Balanced Diet: Focus on nutrient-dense foods and manage carbohydrate intake.

Regular Exercise: Aim for at least 150 minutes of moderate-intensity exercise weekly.

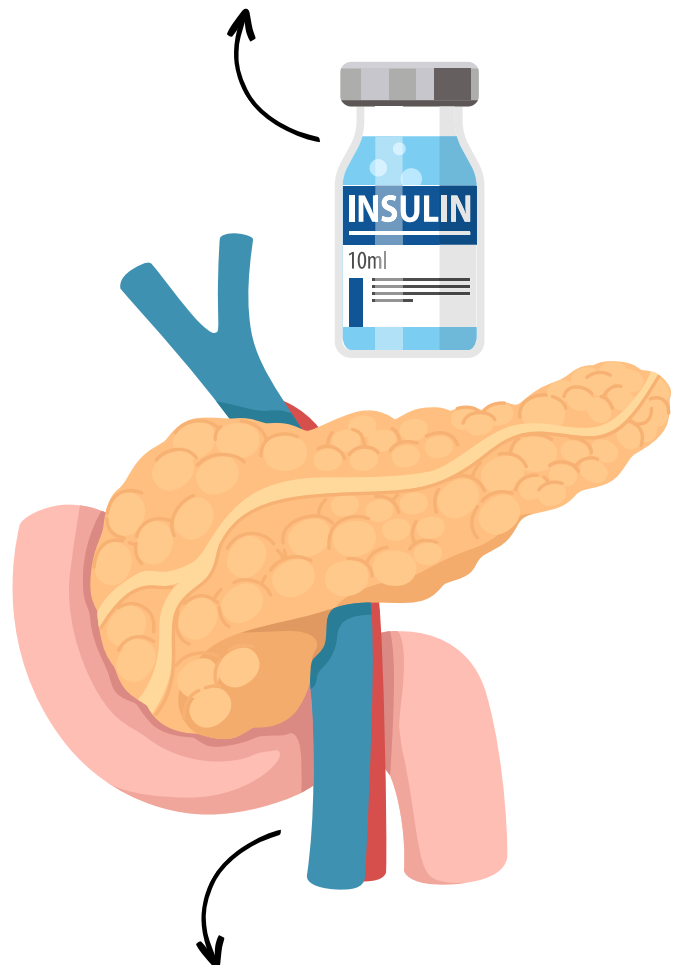
Blood Sugar Monitoring: Monitor blood sugar levels regularly and adjust insulin doses as needed.

Medication Adherence: Follow prescribed insulin therapy and treatment plans.

Stress Management: Practice stress-reducing techniques like meditation and deep breathing.

Regular Healthcare Visits: Attend regular check-ups to monitor diabetes management and address any concerns.

insulin replacement therapy is essential for managing blood sugar levels and preventing complications



Type 1 diabetes is characterized by the autoimmune destruction of insulin-producing beta cells in the pancreas. This results in an absolute deficiency of insulin, leading to unregulated glucose levels in the bloodstream. Unlike Type 2 diabetes, which involves insulin resistance, Type 1 diabetes primarily involves the inability of the body to produce insulin, causing blood sugar imbalances.



Gestational Diabetes

WHAT IS GESTATIONAL DIABETES

Gestational diabetes occurs when the body cannot produce enough insulin during pregnancy to meet its extra needs. Insulin is a hormone that regulates blood sugar levels. When insulin production is insufficient, blood sugar levels can rise to higher than normal levels, leading to gestational diabetes.

WHO IS AT RISK

Overweight or Obesity: Women with a body mass index (BMI) above 30 are at a higher risk.

Age: Women over the age of 25, particularly those over 35, have a higher risk.

Family History: Having a close family member with type 2 diabetes increases the risk.

Previous Gestational Diabetes: Women who had gestational diabetes in a previous pregnancy are more likely to develop it again.

Polycystic Ovary Syndrome (PCOS): Women with PCOS have a higher risk.

Ethnicity: Certain ethnic groups, including African American, Hispanic, Native American, Asian, and Pacific Islander, have a higher risk.

Following a well-balanced diet that controls blood sugar levels is essential. This involves eating plenty of fruits, vegetables, whole grains, and lean proteins while limiting sugary and processed foods.

Regularly checking blood sugar levels helps ensure they stay within a healthy range. This may involve self-monitoring at home using a glucose meter.

